

# THE FIRST GLANCE

## BREAST AUGMENTATION POST CARE INSTRUCTIONS

### Supplies to have at home:

- **Your prescription medications**
- **Gravol** (oral medication and suppositories)
- **Advil or Aleve** (be sure to take this with food) – wait until 2 days post op before taking
- **Stool softener (ie: Restorolax/Senokot)**. Used to prevent constipation \*start if no BM for 2 days
- **Polysporin Ointment**
- **Band-aids**
- **Cotton Sports bra/Compression Bra given day of Pre-op**  
\*pls bring Garment with you on day of surgery
- **Underwire bra** (not push up bra, to be purchased after surgery)

### Rest and Relaxation

- It is ok to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.  
ie: running and aerobics

### Washing

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- You can shower. Wash with soap and water.
- Do not soak your surgical sites - no baths, pools, hot tubs, or lake water for 4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

**\*If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below\***

### Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines once a day once steri-strips are removed

# THE FIRST GLANCE

## **Bra Wear**

- Week 1- Wear your post operative bra for 1 week during the day and at night
  - Week 2 - Start wearing an underwire bra (no push up or padding) during the day for 4 weeks and continue to wear your post operative bra at night for the 4 weeks. (If you find this to be too uncomfortable during the day you may wear your post operative bra during the day for another week)
- You may place a band-aid over your incision for protection from the underwire.

## **Two Weeks After Surgery**

- Begin to massage your incisions with Skin Medica Scar Recovery Gel (available for purchase) Vaseline body lotion or BioOil. **Do not use vitamin E.**
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning

## **If you have ALLODERM at the time of your surgery:**

- Empty drains as instructed and document drainage. Drains are removed once drainage is less than 30cc's over 48 hours.
- Drains must stay in for a minimum of 4 days
- Place Polysporin at drain site and cover with gauze or a feminine hygiene pad to absorb fluid that may leak out. This is normal and can occur for 1 week.
- Drain sites will close in 7 to 10 days.
- If drainage persists or is predominantly fresh blood go to your nearest emergency department and contact Dr. Islur.

**Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.**

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

# THE FIRST GLANCE

## After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at 204-885-1419.

If the clinic is closed (evenings or weekends) or in case of an emergency, please call Dr. Brichacek 204-898-9933

If after 3 attempts you cannot reach Dr Brichacek, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

It is important that you follow these recommendations carefully so we can attain your surgical goals.

Please consider bringing your old bras to The First Glance on your surgery day. Gently used bras will be donated to local women's shelters throughout the city. Thank-you.